

Grief – From the Inside Out

Our bodies may react to grief in many ways. We may feel lethargic and tired. Our desires to *do* something may be replaced with the desire to just curl up and do nothing. While we may be tired, we may also find ourselves having trouble sleeping. We toss and turn and thoughts keep us up. We might find that night is the loneliest time with little to keep us distracted and no one to talk to.

Another common trait is to have appetite changes. While some people may find it hard to eat, others turn to comfort food and eat more than usual. Grief is a time to take care of our bodies and support them by providing the healthy food needed during this time of stress. Some people find that exercising is helpful in relieving tension. Just the simple act of taking a walk can be healing. It allows the body to move and, if the weather allows, it gives you some time out in the fresh air.



We may become forgetful and feel as if our brain slows down and we need to write reminders of even the simplest task. I do not consider this as an affliction, but rather a grace. If we had to take in the enormity of the changes that are taking place in our lives all at once, we probably wouldn't get out of bed in the morning. By slowing down our brain, the new reality creeps in little by little.

Most of all, this is a time for radical self-care. Be kind and gentle to yourself and understand that grief is as much a physical experience as an emotional one. Reach out for support and guidance, there are people who can help you through whatever you are experiencing.

This article is offered as part of our funeral home's grief support program. The author, Nancy Weil, serves on the staff at the International Order of the Golden Rule (OGR) of which our funeral home is a proud member. She is a Certified Grief Management Specialist who has run grief support programs for over 13 years. You are invited to join our monthly telephone grief support group that Nancy facilitates. Please call our funeral home for more information.